

1943

## The Iowa Homemaker vol.23, no.2

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*Iowa State College*

Margaret Ralston  
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## The Iowa Homemaker vol.23, no.2

### **Authors**

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THE IOWA

# Homemaker

MAY  
1943



A REVIEW OF ACTIVITY IN THE WORLD'S LARGEST SCHOOL OF HOME ECONOMICS





Traditional tapping ceremonies for Mortar Board, senior women's honorary society, are held on Saturday under the Campanile.



A wartime benefit performance of the comic opera "HMS Pinafore" will be highlighted at matinee and evening showings. Admission to this educational production is war stamps and bonds. "War-Fair," a huge out-of-door carnival new to Veishea visitors, will draw buyers of war stamps to concessions and booths sponsored by all organized groups.

The traditional highlights of Veishea in preceeding years has been the presentation of the Queen of Queens. This gala event will take place at the opening night of ceremonies.

Saturday will be a day of special interest to prospective students with divisional open houses showing departmental activities to all Iowa Staters, guests, and visitors. Displays of this year aim to highlight each division's contribution to the war effort.



This year two favorites—intercollegiate baseball and intramurals—vie for the attention of outdoor sports enthusiasts.

# Education and Service

## "IOWA STATE GOES TO WAR"

Iowa State College goes on display at Veishea, May 7 and 8, to show visitors the function of college life and college activities in a world at war. Education and service keynote the Veishea spring festival.



Naval trainees participate in Veishea activities by marching in full dress parade on Saturday afternoon. Curtiss-Wright cadettes, naval trainees, and Navy-Pre-flight men make their initial public appearance at Veishea celebrations.

### PROGRAM OF EVENTS

#### Friday, May 7

Opening Ceremonies—Central Campus..... 6:45 a.m.  
 "H.M.S. Pinafore"—State Gym..... 8:00 p.m.  
 Veishea Dance—Memorial Union..... 8:00 p.m.

#### Saturday, May 8

Open House—All Divisions..... 9:00 - 12:00  
 Intramural Sports—Men's Play Field.....10:00 a.m.  
 Mortar Board Tapping—Central Campus... 1:15 p.m.  
 Knighting Ceremony—Central Campus.... 1:15 p.m.  
 Navy Dress Parade—Men's Play Field..... 2:15 p.m.  
 "H.M.S. Pinafore"—State Gym..... 3:30 p.m.  
 Baseball—Iowa Navy Pre-Flight..... 3:30 p.m.  
 "War-Fair" ..... 7:30 p.m.  
 Veishea Dance—Memorial Union..... 7:30 p.m.

# VEISHEA OF 1943

## MAY 7-8



# Presenting

## 1943

# Veishea



*Veishea visitors at the home economics open house view a display of metal rings and wooden bookcases which were made by students in craft classes of the Applied Art Department*

*Veishea of 1943 features a home economics open house designed for war-time education, says Dorothy Walker*

**I**N STEP with the "Iowa State Goes to War" theme of the 1943 Veishea, the Home Economics Division open house presents its transition from peace-time to war-time education for women. The exhibits emphasize the place of educated home economists in today's war program.

Home front "Food for Victory" problems are brought into the limelight in the foods and nutrition open house. Students in the department will demonstrate new methods of retaining necessary vitamins and minerals in canned foods. Since fresh fruits and vegetables rate number one on the shopper's non-rationed list, this display will feature methods of economically purchasing and preparing them.

Meal planning classes are to offer suggestions for planning meals with the most effective use of precious rationed foods. Wheat germ flour and soy bean flour are newly promoted protein cereals which can be adapted to palatable and nutritious dishes, as demonstrated by students in Iowa State's experimental laboratories.

**T**HE Institution Tea Room will be transformed into a model emergency canteen equipped for regular canteen food service. Health Council women will furnish a realistic atmosphere in the canteen with exhibits of bandage rolling and first aid techniques.

In the Child Development Department wartime nursery centers will be stressed. This exhibit is to be at the Nursery School where indoor and outdoor play equipment will be displayed. Throughout this display new educational materials functional in child development will be evaluated for parents as well as prospective students.

The Household Equipment Department is directing its energies toward displays on the care and repair of equipment on hand.

Technical journalism will portray the place of the woman journalist in the professional field in war-

time. Eminent graduates of this department are contributing material for the display of their work. Graduates of Iowa State who are women's editors of magazines and department editors of newspapers will give graphic descriptions of their work and further possibilities in the field.

**E**XTREME practicality of costume is being stressed in the textiles and clothing open house. Clothes made from men's suits is the main feature of this display. Of special interest to high school students will be an extensive exhibit of the work from beginning sewing courses.

Along with the crafts and free hand displays of the Applied Art Department will be exhibits on economical ways of decorating homes in wartime. A new course added to the applied art curriculum, engineering drawing, and photography courses are emphasized.



# Frankly Alluring and Hosiery Saving too!

Today's glamour girl is both calculating and practical. She's out to look beautiful yet save precious hose so she wears Armand's new improved Leg Make-Up.

It goes on evenly and quickly, doesn't rub off and is unbelievably flattering—and avoids that thickening, sagging effect of hosiery that doesn't fit.



Two smart hosiery shades of  
Leg Make-Up

Rosy Dawn (light)

Summer Dusk (dark)



*\*Buy War Bonds and Stamps with the money you can now save on hosiery.*



## ARMAND

*America's Fine*

**LEG MAKE-UP**

Armand Homogenized Liquid Leg Make-Up. Easily, quickly applied. Leaves a satin-smooth finish which stays on 2 days. In the 8 ounce bottle at \$1.00, 4 ounces at 50c.

Armand new Cream Leg Make-Up in the jar. Compact in form and equally time-saving and glamourizing, Cream Make-Up is priced at 49c per jar.

# Homemaker

A Review of Activity in the World's  
Largest School of Home Economics  
IOWA STATE COLLEGE, AMES, IOWA



Planting a victory garden this spring are Norma Parker, left, textiles and clothing senior, and Betty Stelling, right, experimental cookery junior

**VOL. XXIII  
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**MAY, 1943**

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*In spite of the increased rationing and shortage of food, the service man, war worker and school child will continue to be well fed as long as milk, plentiful in nutritive qualities, is available*

## Keeping Up With Today

**T**HE requests for institution management graduates have tripled in the last year, according to Mrs. Mary Elva Sather, assistant dean of home economics at Iowa State. Home economics faculty members spoke at the Phi Upsilon Omicron coffee forum and explained the necessity of college women completing their training.

*Miss Florence Fallgatter, head of the Home Economics Education Department, stated that the need for home economics teachers in point of service has never been greater.*

Quantities of rayon fabrics have been purchased by the United States Army Quartermaster Corps for use as trade goods by the army of occupation in North Africa. While money means little to primitive peoples, cloth is effective. A temporary airfield can be built, aircraft crews forced down in the desert can get help and unlimited good will can be built by the colorful materials.

*Movements of United Nations forces are being concealed by chemical smoke screens made from a popular, non-inflammable dry-cleaning fluid. Less of the compound is available for civilian use because of the large amount needed by the armed forces.*

Square meals for Russians, bortsch dehydrated and compressed into blocks no bigger than a safety match box, is one of the latest developments in food for Lend-Lease. The small squares can be dehydrated into servings for two soldiers.

*Counterfeiters who try to make illegal ration books will be stymied by new technical devices. Special paper permits positive identification and tiny coded markings identifying each printing establishment will aid in tracing stolen materials.*

In one industry vitamin content is undesirable. Chemists have to remove the vitamins from milk casein when it is used to make a plastic for pearl buttons. The riboflavin causes an off-color in the plastic.

*A sausage company, surprised victim of a publicity stunt in which it was announced as the manufacturer of a meatless weiner, stuffed a popular California delicacy, cheese enchilada into a sausage casing.*

"Milk Women" in Philadelphia wear a red, gray and white ski suit made largely of aralac. This official uniform of the city's new milk carriers uses casein plastic for cap visor and buttons.

—Margaret Ralston



*Seaman Second Class Mary Leffler, Ex. '42, suggests  
methods of preparing for enlistment in the SPARS*



Mary L. Leffler, S 2/c, USCGR  
USNTS (Y) Willard Hall  
Sect. 123, Room 185  
Stillwater, Okla.

**D**EAR Homemaker Staff:

You asked me about my training in the SPARS—  
In between musters for mess, drill and shots, I will try to give  
you some idea of what college training means in the SPARS.

As a member of the enlisted personnel, I cannot emphasize  
too strongly the benefits of a college education. Anyone with two  
years of college training or a college degree may enter officers'  
training immediately following enlistment. However, if you are  
in school and thinking of answering Uncle Sam's call for the  
SPARS, do finish your education. I would advise taking as many  
courses in psychology, leadership, English, spelling, foreign lan-  
guages and mathematics as are available to you. SPARS are  
needed badly and you will be more than doing your part if you  
know the basic studies previous to signing up.

Because I was a reporter and managing editor of the Bloom-  
field, Iowa, newspaper for the past two years, that experience  
will naturally accent my future success in the SPARS. I hope to  
go into public relations and publicity work, using the experience  
I have had in the business world.

I was a member of the pioneer class of the only indoctrination  
school at Hunter College, in New York City. In those short four  
weeks we learned the basic facts of Coast Guard life. Whether  
our two months' training in yeoman's school will be sufficient will  
depend on our individual successes in the Coast Guard bases  
and offices to which we are assigned upon completion of our  
specialist's training.

The SPARS are a part of the Coast Guard Reserve, not an  
auxiliary to it. We are of the same status as our sister organiza-  
tion, the WAVES.

Sincerely,

*Mary Leffler*  
Seaman Second Class



*Nursery school playgrounds of this type provide recreational facilities for children whose mothers are engaged in war work*

# Demand for Day Nurseries

*Marjory Gillingham discusses the increased need and functions of the day nursery schools*

THE wartime needs of industry have taken many women from the home into the factory, resulting in a definite increase in the number of children being cared for in day nursery centers.

These centers differ from the earlier types of nursery schools whose main responsibility was to provide experiences supplementary to those offered at home, for they must provide the care that homes cannot give.

The demand for women trained in child development is increasing daily, as communities realize the need for day nurseries. In Chicago alone, 50 nursery school teachers were wanted by April 1 and 100 will be needed by June 1. These schools are child care centers operated on funds from a social service foundation. Attempts are being made to incorporate the nurseries into the public school system.

Foreseeing the need for nursery schools to care for children whose home environment would be changed by the industrial pace of the times, the government in 1941 passed the Lanham Community Facilities Act, making it possible for federal funds to be used for day care of children with working mothers. An appropriation of 150 million dollars was made, which was later raised to 300 million. The community requesting aid must present a well worked out plan and must be willing to help finance it before these funds will be made available.

Seventy day care centers already are approved in Connecticut, New York, North Carolina, Texas, Utah, Oregon and California. They are in addition to the 1,500 nursery schools and 1,259 preschool play groups operated throughout the United States by the W.P.A. Since the W.P.A. program was discontinued March 1, it is expected that many of these nursery school projects can qualify for assistance under the Lanham Act. Recent official estimates indicate that some 12,000 day care centers may ultimately be needed.

Last quarter at Iowa State a course in Nursery School Planning was offered to senior child development majors. As a class project, the girls were given an oppor-

tunity to visit the former W.P.A. nursery school in Ames and to spend an entire day working in a child care center in Des Moines.

The centers are typical of the wartime child care centers. The staffs consist of one teacher, one paid assistant and two or three volunteer workers, in most cases. The buildings used are rather large houses which have been repaired to meet the standards set.

Each member of the staff has greater responsibilities and longer hours, due to the large enrollment and the long working hours of parents. Volunteer helpers require training and are irregular in attendance, also the cook is apt to be an older person with no nutrition training and little experience in food preparation for children. Increased food rationing and longer hours at defense plants may necessitate the serving of dinner to parents and children alike. The teachers must have a greater knowledge of money management in order to plan the operation costs.





# Freezing Preserves Victory Foods

*Home freezing scores high as a wartime method of storing fruits and vegetables, says Frances Madigan*

**E**VER alert for variety in the preservation of fruits and vegetables, homemakers will welcome the change which home freezing brings.

In solving the problem of a well-balanced winter diet, many a homemaker will take advantage of her victory garden and of fruits and vegetables from the unrationed market. Fruits which may fill her locker or freezing unit include apricots, rhubarb, cherries, peaches, prunes and a great variety of berries. Vegetables well adapted to freezing are asparagus, broccoli, Brussels sprouts and cabbage. Cauliflower, lima beans,

peas, sweet corn, spinach and snap beans are suitable for preservation by freezing.

For retention of natural appearance and unaltered quality of fruits and vegetables, freezing as a method of preservation scores high. Canned or heat-processed foods are easily cooked beyond the requirements for table use, and undesirable changes in texture and especially in color, aroma and taste may occur. If properly conducted, however, preservation by freezing retains the fresh color and flavor of foods better than any other method. (Continued on page 30)

*These fresh garden peas will provide variety and valuable nutrients in next winter's meals if they are preserved by freezing. This method insures the retention of the product's color and flavor better than other methods and results in less vitamin destruction*





# Gardens

## Challenge

## Faculty

*Faculty members are aiding food production by Victory Gardening this year, says Lois Stewart*

THE garden rake has become the symbol of America's newest battle of production. Center of a nationwide campaign to increase the food supply, the Victory Garden program offers Americans an opportunity to combine pleasure and profit with patriotism. Home economics professors have joined almost 200 other Iowa State faculty members in a college-sponsored garden project, which represents Iowa State's contribution to the nation's goal of eighteen million Victory Gardens by the end of this year.

Iowa State is opening 30 acres of college land south of the college residence section to those who wish to go into the gardening program more thoroughly than

their own back yards will permit. Standard plots measure 40 by 100 feet, although some of the amateur gardeners have joined forces to increase production and make possible the raising of large-scale crops such as potatoes. Properly cultivated, each plot should provide enough food to feed an average family for one year. The plots are rented from the college until late November.

After the ground has been broken, the gardener is responsible for his own plot. He must furnish his own seeds, plant and cultivate the garden and keep the weeds under control. The college has indicated that only vegetables will be raised but the choice of specific crops is left to the gardeners. Common but versatile vegetables such as tomatoes, kale, onions, peas and carrots are leading in popularity.

Although the program has attracted a high percentage of faculty members, it is open to all residents of Ames. Among the interested groups are the Iowa State home management houses; each house will add a Victory Garden to its summer projects.

One of the first to sign up for the program was President Charles E. Friley, originator of the project, who has won nationwide prominence in the Victory Gardens Campaign through addresses on state and national radio networks. Other prominent staff members cooperating in the project are Mrs. Edith Barker, extension 4-H club director; Mrs. Madge I. McGlade, women's residence director, and Mrs. Eleanor Wilkins, Martha Duncan of Station WOI.

Members of the Home Economics Division participating in the program are Miss Lydia Swanson, head of the Child Development Department; Mrs. Elizabeth K. Sweet, of the Foods and Nutrition Department; Miss Iva L. Brandt and Mrs. Lois Strassburg, of the Textiles and Clothing Department, and Miss Regina J. Friant and Miss Mary Lyle, of the Home Economics Education Department.



# Food Affects Morale



*A mother who serves food such as these attractively prepared egg dishes will secure a greater emotional contact with her children*

*In a reprint from the Journal of the American Dietetics Association for November, 1942, Dr. Lowell Selling relates psychology to nutrition*

**N**UTRITION and psychology are very closely related and this relationship can easily be demonstrated. It is within the province of the psychologist to find out, for example, why the homemaker can eat hearty meals when she goes out but cannot enjoy her own cooking. These situations are primarily psychological and differ from the problems of allergy, of food sensitivity or of individual differences of digestion which are primarily physiological in nature.

As a psychiatrist, I have had the opportunity of seeing the reaction of patients in mental hospitals to both poorly prepared and well prepared food. As a criminologist, the importance of careful preparation of food was impressed upon me by the fact that almost all prison riots begin with complaints about food.

Nutrition, to the psychologist, has an important bearing on the mental attitudes and emotional states. Many marriages are wrecked because of poorly prepared food, food incompatibilities between the two partners in the marriage or inadequate nutrition.

Children, too, become problems because of the food situation in the home. Children's feeding habits have a great deal to do with the emotional adjustments of their parents. A child's lifelong attitude toward his parents has been known to be warped by having been forced to eat something he did not like.

**T**HE word "morale" has been used recently to indicate a favorable state of mind in relation to the demands of war. In line with this problem of morale, military morale, paramount at the moment, is favored by carefully prepared and adequate amounts of food. But the question of what foods to give an army is a very intricate one. Food which is highly nutritious may disagree with the habit patterns or interests of the soldier and he may refuse to eat the food which is best for him. On the other hand, he may desire foods which are not good for him.

Differences in food tastes due to national background are great. However, the conflicting food tastes

of a married pair are not necessarily due to an emigrant background. They, themselves, may never have seen Europe, but if the parents of each were accustomed to eating the foods of the country of their origin, the husband and wife, in turn, have probably grown accustomed to that type of diet. Racial differences, however, tend to become less as the number of generations of a family in this country increases.

There are marked regional differences, and marriage between representatives of groups with widely divergent food habits often gives rise to later conflicts.

**C**HILDHOOD training with regard to food habits is of great importance. Adults are likely to prefer food to which they were accustomed as children. The establishment of food habits in the child is affected chiefly by limitation. A well-trained child under ordinary circumstances, arrives at the table sufficiently hungry to eat everything that is served to him and thus develop a rather cosmopolitan taste in food or at least a tolerance toward all the foods served in his home.

A spoiled child or a problem child may develop food habits which will be a nuisance to him and his associates the rest of his life. Too often children are forced to eat when they are not well, when they do not have the right emotional attitude or when they are tired, all of which may arouse a dislike for an article of diet or for eating in general which has nothing to do with the child's basic habit pattern.

**W**HEN advising our domestic relations cases in the clinic about dietary matters, we have before us all the background data. We find that the economic background must be carefully analyzed as it often brings to light incompatibility in dietary interests. A husband or wife, for instance, may demand rich fare to compensate for the economic insecurity of their childhood.

From a psychological standpoint, the diet should be viewed from the following aspects: nutritional quality, quantity, palatability, budget limit, variability, adjustment to individual tastes and economy of time and effort. Not only should a meal satisfy nutritional needs but it should also give a feeling of satiety which contributes to a sense of well-being.

# Vicky Favors

## Simplicity



*These trim, functional classics with their casual simplicity and smartly tailored lines will be an integral part of Vicky's conservative duration wardrobe*

*Vicky will boost morale this summer in gaily colored prints, according to Mary Lou Springer*

**V**ICKY believes in sun-washed pastels, in crisp piques, in monotonies sharpened by bright accessories or in anything that is practical but gay and feminine.

One of the bright spots of summer is the new color, pop pink. It can be worn with a soft, deep lavender

that sets off its rosy tones. Other color contrasts that reflect summer fashion are watermelon red with pale lime and iris purple with green. Apricot is coming into its own again. This pale, cool pastel suits the summer requisites of color. White is always potent when it appears in a big splash.

The shirtwaist look is the right look. WPB likes it and so does Vicky. Its simple lines have a classic distinction. The one piece shirtwaist or the authentic two-piecer is the answer to a simple cotton sport dress or a rayon print Sunday dress.

Fat stripes, pin stripes, wavy stripes and zig-zag stripes in men's type shirting, chambray, seersuckers and spun rayon rate high in popularity. The candy striped cotton pique with pleated waist and immaculate white collar and cuffs will be a favorite.

New fabric weaves bear a Chinese tone as age-old textures of distinctive beauty are revived again. Delightful shantung weaves, with the effective thick and thin threads, achieve a hand-woven finish.

Vicky finds it is no hardship to wear a skirt and blouse. This season's skirts stress individuality, and because of the call for narrow lines the details of cut and ornamentation are linked with men's trousers.

The new washable over-blouse in printed rayons, cottons and linen is developed on jacket lines and can be had either in simple cardigan or belted blouse style.

*WPB has ordered that Vicky's spring suit will resemble the one shown at the right styled with less material than the pre-regulation suit pictured at the left*





# An Economist *Interprets* Food Problems



*This homemaker, having distributed her ration points carefully, thinks seriously before using more points for glassed fruit*

*Dr. Margaret Reid stresses the importance of gardens in her report on the 1943 food situation*

**H**OME gardens take an important place in the nation's home economy as transportation and harvesting problems become more difficult to solve. Dr. Margaret Reid, of the Economics and Sociology Department at Iowa State, presented the food situation and the 1943 outlook to representatives of agencies and organizations concerned with food preservation at a state-wide conference held in Des Moines last month. The purpose of the conference was to make plans for a coordinated program of food preservation activities this year and to avoid duplication and overlapping of their work.

Because home gardens use labor and resources not otherwise employed they should not detract from any other part of the war effort. The food thus obtained can help fill the gap left in civilian supplies by the large amount of foods going to the armed services and the allies. The best gardens, Dr. Reid stated, will help expand production of the foods that nutritionists recommend and thus build up the nation's nutritional status.

Dr. Reid pronounced the food supply picture not quite as bad as has sometimes been painted. Seventy-five percent of the total production of foods will be allotted to civilians, she said. Americans will, however, have to accustom themselves to a shift in the types of foods available. Some of these changes are an old story to the homemaker, who has searched the grocery store shelves in vain for cocoa and tea and who has given up ration coupons for coffee and sugar.

But more of the food we produce at home is going to the armed forces. Dr. Reid predicts that there will be less canned fruits and vegetables and cheese for civilians because these foods are easy to store and transport.

As for the protein foods, Dr. Reid believes that there will be a plentiful supply for civilians. Production of eggs and meat is indicated to be at only slightly lower levels and there is as much of the cereals as people are willing to eat. Homemakers will be using their ingenuity in discovering new ways to serve cereal foods and supplement other proteins in the diet.

Fluid milk, potatoes and poultry, despite local shortages, will be produced during 1943 in quantities as great as or greater than during 1942, Dr. Reid stated. Dried skim milk and butter stocks will suffer this year. However, butter will be in part replaced by fortified margarine now being produced in larger quantities.

Weather will be the deciding factor in the fruit supply this year, Dr. Reid said. The crop will be as large in 1943 as in 1942 provided no catastrophe resulting from unexpected changes affects the crop.

The commercial vegetable crop will be somewhat smaller this year due chiefly to labor shortages on the farm, with several vegetables dipping as much as 15 percent below the 1942 output. In planning the goals for commercial vegetables an effort has been made to expand production of those which give high return in nutrients per unit of labor. Cabbage and carrots are examples of these important foods.

Home economists can aid in the home gardening program by encouraging gardeners to plant foods that have a high nutritive value, Dr. Reid emphasized.

# Grooming for a Career

*Good grooming is a decisive factor in the business interview which precedes professional experience, states Mary Schmidt*



THE man behind the desk is looking for an employee who has charm and personality and is wholesome and natural. He is interested in what she can contribute to the firm and his first impression will influence his opinion of her.

The wise college woman, besides preparing herself academically for her place in the professional world, enhances her natural assets by developing attractive personal habits. She walks with her head up, her shoulders back and with a pleasing expression on her face. She stands easily with her chin up and her feet together. She sits in a chair with her knees together and her feet on the floor or

with one leg crossed gracefully over the other.

She walks, stands and sits without displaying annoying little mannerisms. She realizes that her posture, gestures and facial expressions are just as much a part of good grooming as the clothes she wears.

At an interview, the employer is interested in seeing how the potential employee will look on the job, not on the dance floor or at the bridge table. Dark-colored

dresses without frills or dark, neatly-pressed suits with tailored white blouses look business-like. Plain gloves, neat shoes and an appropriate hat complete the costume.

Dressy or startling hats, high heeled sandals and sheer, swishing frocks with ornaments and bows are out of place. The length of the skirt is an important item. The decision on the proper length is made by judging it before a mirror, both standing and sitting. If the skirt is circular, it may be worn shorter.

The habit of immaculate cleanliness is a prerequisite for personal charm. Many employers request that women remove their hats before an interview. This gives the applicant no opportunity to hide a mousy, shaggy or inappropriate coiffure. The college woman's favorite long bob is not the mark of an efficient businesswoman and should be reserved for places outside the office. An attractive, smooth roll at the back of the neck is easily achieved even with long hair.

Lipstick should emphasize the natural contours of the lips and nail polish should blend with the costume. Employers discount extremely brilliant make-up as unprofessional. Hands must be soft and white with a capable look that comes from wearing the nails at a reasonable length and avoiding flashy jewelry. A good hand lotion is a requisite for good grooming.

*Toning the skin tissues with a soothing cream is preparation for the day ahead*



*A sparkling, wide awake appearance is secured by skillful use of eye make-up*







*Through the newly revised high school curriculum, girls from home economics classes are obtaining practical experience as student supervisors. They are instructing members of grade school foods preparation classes*

# Students Enlist in Victory Program

*Annette DeLay explains the changes which Iowa high schools are making in their home economics programs*

**G**EARING the Iowa high school program to war-time activity means building a revised curriculum around conservation of food and materials. As revealed in the answers to questionnaires sent to Iowa home economics instructors, all of the home economics departments are participating in some form of war work.

In home economics classes high school girls are gaining practical experience with the point rationing system through actual menu planning, purchasing and preparation of meals. Some menus include only non-rationed foods; others give experience in keeping within the food ration.

Many of the home economics classes are stressing the nutritive requirements of the individual by analyzing daily food habits, choosing the most nutritious foods among those rationed and planning healthful, hot lunches.

The high school classes have discovered that war-time planning and buying increases the importance of soybeans as a protein alternate and of whole grain cereals in the diet.

The work of many of the homemaking groups is coordinated with the high school victory corps pro-

gram. Iowa high school girls have made seersucker bed jackets, slippers, utility bags and have done knitting. One group of sophomore girls worked as a factory unit, cutting and sewing hospital slippers for the Junior Red Cross. Home nursing units teach the girls how to care for patients in the home before and after the doctor arrives.

A victory garden project is one division of a high school victory corps. The girls learn what, when and how to plan vegetables to meet the family's nutritional needs. In one school the girls took a 3-week vocational agriculture course to learn more about gardening and poultry raising as a preparation for their work this summer.

Special units on child care and training have been introduced. Conservation and repair of household equipment is stressed. The girls have received actual experience in repair of irons, cords and other electrical appliances which are not easily replaced. Remodeling of old furniture also has been done in some of the schools.

Clothing conservation is being stressed in the high schools where girls are making over wool garments and converting men's suits into garments for themselves.

# The Red Cross Canteen Corps Mobilize

*Editor's note: The Institution Management Department has received many requests for this outline prepared by Miss Mildred Bowers and Miss Carolyn Cason of the staff. The Homemaker publishes the program as a service to its wartime home economics leaders.*

## Lesson I

### PLAN AND PURPOSE OF THE COURSE

The course is a part of the Red Cross plan for meeting the emergencies that call for temporary feeding of men, women and children under emergency conditions. Fires, explosions, floods or disasters caused by enemy action in war may disrupt home life of civilians.

People may be without cooking facilities, supplies and foods.

Many of them may have to work as fire fighters, rescue workers or air-raid wardens in civilian defense.

Palatable, nourishing food will be needed to strengthen their courage and morale and protect their health.

Through Canteen Units, composed of members who have completed the Canteen Course, and the Short Intensive Course for canteen aides, it is planned that emergency feeding can be done effectively and efficiently.

**Objectives of the Canteen Corps:** To create a volunteer organization trained for emergency family and group feeding in situations occasioned by disaster or war.

To provide organized and trained volunteer workers for the subcommittee on Food of the Disaster Preparedness and Relief Committee.

To provide organized volunteer workers whom the Chapter may call in the event of a large scale epidemic necessitating the feeding of the sick in homes.

To provide organized volunteer workers for the Nutrition Committee of the chapter and for the county and local nutrition committees which are appointed in the defense program.

**Definitions:** Canteen—A place where provisions, beverages and food supplies are available. Corps—A body of persons associated in common work.

The Canteen Corps' responsibilities will vary in accordance with the plans of the community for National Defense, and with Red Cross Chapter and Community activities related to food and nutrition problems.

The work of the Unit should be divided among the members and duties should be rotated. Routine work to be performed involves: the preparation of food, service of food and clearing and washing of dishes.

**Types of Canteens:** Stationary; Mobile: for transporting; for preparation; food convoys.

Each canteen unit will have 15 members, including a chairman and assistant to direct the work of each unit, which will feed from 200 to 500 people; the number depending upon facilities for preparation.

## Lesson II

### A STATIONARY CANTEEN.

Plan of kitchen—variation from a home kitchen. Store-room.

Demonstrations of equipment operation: ovens and controls, mixers and attachments, steamer, gas range, refrigerator, can opener, coffee urn (make coffee) and dishwasher.

**EQUIPMENT TO SERVE 200 from stationary canteen.**

3-9 qt. mixing bowls	2 dishpans
2-1 qt. measures	1-14" spoon
1-3 gal. pail	1 food chopper
2 frying pans-9" and 12"	1 slotted spoon
2 bread knives	1 pancake turner
2 butcher knives	1 bread board
4 paring knives	2 can openers
4 spatulas	2 garbage cans
1 colander	2 ice cream scoops
1-2 qt. saucepan	vegetable brushes

Coffee urn or 9 gal. stock pot with bag.

Stock pot, 12 gal. or 26 gal.

If stock pots or coffee urns are not available, 50 lb. and 100 lb. lard cans may be substituted.

**Equipment for service:**

4-1 gal. pitchers, 4 cafeteria trays, 2-8 oz. deep ladles and folding or trundle tables.

**Equipment for cleaning:**

Broom mop, dust pan, scrubbing brush, pail, and, as needed, dish cloths and towels, abrasive, soap powder, scouring powder and cleaning cloths.

**Miscellaneous equipment:**

Hammer, shears, clock

Covered metal container for bread

Cans for storing staple goods

Oil can, if oil stove used

Clothes line and equipment for hanging clothes

Pot holders

Pole and Red Cross Flag

First Aid 16 Unit Kit

Fire Extinguisher

Utensils for eating: for 200-1,000

65 tin cups-10 or 12 oz.

65 9" plates-tin or enamel

65 soup spoons



65 forks, knives and teaspoons  
65 bowls  
A minimum supply of 50 of each should be provided.  
**PRACTICAL DEMONSTRATION.**  
Make coffee in urn and make sandwiches.

## Lesson III

### MEAL PLANNING.

Menus planned for situations and conditions that might give rise to emergency food problems. Points to consider:

Group to be fed.

Body needs—general rules.

Include all essential food constituents, protein, fat, carbohydrates, minerals and vitamins.

Adult requirements:

At least two vegetables other than potato, ideal one cooked, one raw, fruit in some form daily, one protein, milk—1 pint for adult, 1 quart for children—fat, butter, or if other, substitute more milk and vegetables.

Food Habits.

Selection of foods which are generally popular and familiar. Hominy grits might be popular in the South but would fail to keep Massachusetts people happy, where baked ham and brown bread are basically regional.

Seasonability and availability of foods.

Weather influence on appetite and body needs.

Sausage and apple rings in hot climate not appreciated as they would be in cold.

Menus planned around food available in locality rather than keen knowledge of nutritional needs emphasis.

Government priorities and war economy on civilian food supply.

Equipment available: The amount of surface and oven space; one dish meals.

Skill of workers in the canteen.

Transportation from a central kitchen if necessary.

Conditions usually encountered; heat and water source; milk supply; normal food supplies rationed.

Food problems—one meal or three.

Cost.

Size of containers,  $\frac{1}{2}$  pint, pint, quart, gallon, teaspoon, tablespoon, cup, pound, bushel and barrel.

No. 10 can = 1 gal. = 13 cups = 32 servings

No. 2½ to No. 3 can = 2-3 cups = 6-8 servings

No. 5 can = 2 quarts = 7 cups = 16 servings

Books and pamphlets available: *Food for Fifty*, Fowler and West; *Food for Fifty*, Richards and Treat; *Canned Food Recipes for Fifty*; *Desserts, Salads and Entrees*, General Foods; *Come and Get It Camp Cookery*, General Foods; *Ten Lessons on Meat*, National Live Stock & Meat Board.

Exhibits: Reference materials and food containers.

## Lesson IV

### COOPERATIVE DORMITORIES.

Trip through Freeman kitchens.

### MENU PLANNING PROBLEM.

Planning of menus suitable for one meal and three meals, and listing of material.

MAY, 1943

Assignment of class—menus to be handed in for one week with amounts needed to requisition for a period of one week. To be handed in at the fourth period. Explanation of how to multiply and divide recipes. Assignment: Observe noon service in cooperative dormitories. Write report.

## Lesson V

### DEMONSTRATION OF FOOD PREPARATION.

Scraping vegetables, dicing vegetables, cutting fruit, preparing white sauce, boiled coffee and tea.

### PRACTICE PERIOD.

### CLEAN UP.

Assignment: Plan 3 days' menus suitable to serve 200 men, women and children evacuees from a tornado damaged residence area in Ames. No lights and no gas are available but an unpolluted water supply is near. Victims are temporarily housed in high school gymnasium, adjacent rooms and nearby buildings. Draw up lists of necessary supplies and make out work sheets to support menus.

Visit high school cafeteria at noon.

## Lesson VI

### LARGE QUANTITY FOOD PREPARATION.

Reading recipes and list of recipes submitted to class from manual; accuracy; general rules.

Overcooking, undercooking, handling time, milk cooking technique, avoiding use of soda in green vegetables, cooking of vegetables, seasoning and definitions and cookery terms.

Figuring of costs of recipes and menus.

### MOBILE CANTEENS.

WAAC field kitchen set-up.

### ACCIDENT PREVENTION.

Assignment: Second visit to high school cafeteria.

Demonstration: Large Quantity Cook Book.

## Lesson VII

### FIRE BUILDING IN OPEN.

OUTDOOR COOKERY AND MENUS for severe emergency conditions.

PLANS AND PREPARATIONS made by N. Y. Presbyterian Hospital to meet extreme emergencies.

## Lesson VIII

SANITATION of the food, the house and equipment and personnel.

HOUSEKEEPING procedures and dishwashing.

## Lessons IX and X

Practical assignments.

# WHAT'S NEW IN



*Built to fit the contours of the body, this suite has upholstery applied over padding in channel-tufting to achieve comfort as well as durability*

## Foods and Nutrition

**F**IBER coffee cans may hold today's limited allotment of coffee. The victory package is compact, tough and light compared to glass containers and seals more tightly than the paper bag. It is the same size as the familiar vacuum-packed tin and is manufactured and filled on existing machinery.

★

"Juice bars" which may be eaten like candy contain all the soluble constituents of the original fruit or vegetable. The undiluted juice is made into hard, rectangular tablets by a special process. No sugar is added, minerals remain in the same proportion and the vitamin loss is negligible. Bars may be made from many different varieties of fruits and vegetables.

★

Experiments by the United States Department of Agriculture have produced a dehydrated soup containing 35 percent protein; it is made of pea meal, soybeans and dried skim milk, an excellent meat supplement.

★

A butter that will not melt at tropical temperatures has been developed by the Dairy Research Institute of New Zealand. It contains 60 percent butterfat, 20 percent beef fat and 20 percent dried milk.

★

An English manufacturer has developed a plastic-impregnated wrapping cloth which preserves the origi-

nal flavor of food. Besides being germproof, greaseproof and odorless, the material can be dyed and embossed. It is washable, can be boiled without injury and withstands the official mustard gas tests.

★

Liver dried and reduced to fine, brown powder can be preserved indefinitely without refrigeration. It requires only one-fifth of the storage space occupied by fresh liver.

★

A chewing gum which may bring relief from sore throats has been developed by doctors at the Episcopal Hospital in Philadelphia and the University of Minnesota Medical School at Minneapolis. The gum is a block of paraffin mixed with a sulfa drug.

★

A nutritious candy made of dried apricots, figs, prune pulp and date pulp is helping to satisfy the army's sweet tooth. These fruits are blended into a bar which is equivalent to almost one-half pound of fresh fruit.

★

Sugar plays a part both inside and outside jars in modern glassing. Molded plastic lids of bagasse, the residue remaining after the juice has been squeezed from sugar cane or sugar beets, make practical, non-priority jar closures. The plastic uses no chemicals.

★

Vitamin-rich shortening is made by adding hydrogenated fish oils to vegetable oils and then hydrogenating the mixture. It is both tasteless and odorless.

★

Paper liners for lard and shortening containers may be impregnated with an anti-oxidant which retards the development of rancidity in the fat. Lard stored in the new containers will stay sweet twice as long as lard when it is stored in ordinary containers.

*This Pan-American decorated maple of furniture planned for living room.*





# HOME ECONOMICS

## Textiles and Clothing

THE expanding Navy will be clothed in navy blues dyed by a continuous process which takes gray goods through the dye bath in 16 minutes. The color produced by indigo retains all its properties through rain, sun and sea water.



A "lazy stretch" is characteristic of a new synthetic vinylite resin yarn with elastic properties. Possessing many of the advantages of rubber without its faults, this fiber has better resistance to sunlight, tropical heat and humidity. At present it is being used only for military equipment but it will be utilized in suspenders, supporters, women's girdles and elastic bandages.



Screens made of yarn coated with plastic are flame-resistant, waterproof and have a semi-stiff finish. Although now used only by the Army, after the war the material will make ideal window screens for beach cottages as it resists salt and air corrosion.



A clear liquid preservative designed to toughen and stiffen cotton rope gives it resistance and firmness and keeps the strands from unwinding. Treated rope used on fishing vessels showed no signs of wear after 6 months of hard usage.



Colorful blackout curtains will be almost completely opaque if they're made of wool felt. It drapes naturally and is readily available. The material can be flameproofed, and made water-resistant, mildew proof and mothproof.



Japanese silkworms may be unessential in the United States after the war. A synthetic textile filament that weighs but one-eighth as much as the finest silk filament may replace silk for countless purposes.



*This functional suite of modern, all-birch construction is representative of today's trend of furniture design toward basic simplicity of line and form*

## Household Equipment

NEW coffee baskets in glass percolators are made entirely of glass with scores of tiny perforations. This removes the last bit of metal from the inside of the percolator.



Bathroom fittings of plastic retain their smooth, lustrous finish, and do not scratch, tarnish, corrode or discolor. They withstand severe water temperatures and chemicals.



An aluminum alternate for steel wool removes steam stains, grease and other blemishes as well as ordinary mineral discolorations.



Finding a house in a blackout is made easier by the use of luminous materials that emit a green light in utter darkness. The numerals are made of two layers, one of heavy fabric and the other of plastic cellulose acetate. Between them are luminous sulfides which attract and store daylight or artificial light.



A roaster of heat resistant glass has a locking device which keeps the cover securely in place. Wide handles provide for a firm grip.



Ceramic pots and pans may replace metal ones for direct flame cooking. They heat rapidly but the handles remain cool. Made with an attractive brown glaze, they also may be used for table service.

*is an example of a correlated group  
ing rooms, bedrooms and game rooms*





*A reporter gets the home economist's point of view as she interviews Miss Frances MacKinnon, left, head of the American Dietetic Association and Miss Nell Clausen, right, formerly ADA president*

## Women To Know

*Josephine Ahern explains the work and vital contributions of important home economists*

**I**N STEP with the times and the emergency, Frances MacKinnon coordinates her work as president of the American Dietetic Association with her work as Regional Director of the National Nutrition Service of the American Red Cross in St. Louis.

After 10 years of experience in the hospital field, she returned to the field of public health. She has since organized a school lunchroom, a camp for undernourished children and a tea room.

Early in her career she laid a foundation of hospital and clinical experience. Her academic background at the University of Montana led to graduate study at the University of Chicago and the University of Michigan, where she received her master's degree. She then started her hospital work as a student dietitian.

The fascination which public service holds for Miss MacKinnon is evident in the years of work she has given the Red Cross. She served as nutritionist in Colorado and Wyoming and as assistant to the director of the National Nutrition Service.

Miss Jessie Harris, president of the American Home Economics Association, is cooperating with national educators in fostering a plan to safeguard education during the war. As president of the AHEA and as an influential spokesman for higher education from Tennessee, she was invited to attend the National Institute on Education and the War in Washington, D. C., last August.

Miss Harris received her Bachelor of Arts degree from the University of Tennessee and studied further at Columbia University where she received her Bachelor of Science degree and Master of Arts degree.

In her role as an educator, Miss Harris has served the University of Nebraska as associate professor of Home Economics Education, and Texas as State Supervisor of Home Economics. She is now director of the School of Home Economics at the University of Tennessee.

The immense responsibility of meeting the nutritional needs of the armed forces is assumed by Mary I. Barber, food consultant for the United States War Department. Miss Barber is now on leave from the Kellogg Company in Battle Creek, Mich., where she is the home economics director. She has recently served as president of the American Dietetic Association, and vice-president of the American Home Economics Association.

Miss Barber attended Drexel Institute, the University of Pennsylvania and Columbia University, where she later taught foods.

During the first World War she worked with the New York Bureau of Conservation on the government's drive for food conservation. In pre-war days she had been a hospital dietitian.

Miss Barber has been active in home economics journalism, serving as Pantry Editor of *Child Life* magazine and contributing to various publications.

*Mary I. Barber*





# Home Economists

## Feed the WAAC

*Frances Kerekes tells of numerous WAAC positions open to women trained in the home economics field*

THE home economist who has already proved her value on the home front is now having an opportunity to apply her skills to army life. The Woman's Auxiliary Army Corps is finding that dietitians, cafeteria managers, home demonstration agents and home economics teachers have previously received the training necessary to fit them for many WAAC positions.

As in the army, a mess officer and a mess leader are provided for every company of 150, while there is a cook, a dining room orderly and a kitchen policeman for each group of 50.

The cooks, who take a 2-month course, learn army cooking and kitchen procedure. Their practical training includes the setting up of bivouacs and the preparing of nutritious, attractive meals in a minimum of time.

Mess leaders have the responsibility of drawing and storing supplies, taking care of garbage disposal, superintending the washing of mess kits and supervising the preparation and serving of meals while the WAACs are in the field.

Because the duty of a mess officer may be assigned to a WAAC officer at any time, all officer candidates must complete a course in mess management. The classroom work includes 22 hours on foods, nutrition and meal planning; mess organization, mess personnel

and their duties, army ration systems, mess supply and storage of foods; and mess accounting and record keeping.

The practical work in the field is the most challenging and appealing to the students, according to their instructors. The officer candidates learn how to select camp sites, camouflage the bivouacs, direct and control the troops and make inspections. The instructors for these groups have graduated in home economics.

Last fall WAACs who were admitted to the Cooks and Bakers School for the Army at Fort Riley, Kansas, were the first women ever to have attended and graduated from an army service school.

Their practical and class room work included kitchen management and administration, the principles of nutrition and the practices of cookery, inspection and storage of foods, army fresh meat cuts and their proper uses, pastries and desserts, sandwich making, field cooking and the study of field expedients and army ration systems.

Under the supervision of army instructors in the kitchens, the WAACs perform all the duties required of the men officer students. One full day is devoted to teaching the WAACs the skills of meat cutting.

On four mornings during the month of training the WAACs report to the kitchen at 4 o'clock and assume the responsibility of preparing the breakfast and the noon meal for the camp.

The WAAC members chosen for this course are volunteers who, like those at Fort Des Moines, have had experience as home economists. Upon finishing the course they become mess officers of WAAC camps or instructors in the Cooks and Bakers School at Fort Des Moines.

"The WAACs insist on knowing why things are done certain ways," according to Colonel Earle F. Brown of the Seventh Service Command at Fort Riley, Kansas. "They have caused some embarrassment to the instructor personnel by refusing to accept statements without a convincing explanation. The school personnel has accepted the challenge, however, in defense of the realm that has been man's for so many years, and are supplying answers with considerable success."

"There is a definite place and need for these women in the war effort. They give every indication of being able to do exceedingly well many of the tasks now performed by men. In many tasks they will prove far superior to men."

*Favorite of the WAACs are dishes like this hot lamb stew with dumplings prepared by mess officers who have trained in the Cooks and Bakers School*



# Canada Organizes for Better Nutrition

*Homemakers in Canada are learning to plan nutritious meals in spite of food restrictions, says Mary Ellen Sullivan*

CANADA has become more aware of her nutrition problems during the war and is now laying plans to alleviate deficiencies, as the United States has done.

Canada must feed a large number in the armed forces, continue vast Lend-Lease shipments and change eating habits because of the decreased importation of some foodstuffs.

Dietary surveys sponsored by the Canadian Council of Nutrition and conducted in several large Canadian cities show that deficiency conditions exist in Canada. These surveys which have been conducted in Toronto,

Halifax, Quebec, Edmonton and Winnipeg indicate that insufficient amounts of calcium, iron, iodine, riboflavin, vitamin C and other vitamins are consumed by large numbers of the total population.

A lack of calcium is especially prevalent among the women and children in the lower income groups. Since the surveys have been conducted, however, the Canadian government has lowered the cost of milk, making it available to all economic groups.

Agricultural production, particularly of milk, must increase to meet standards of adequate nutrition, and problems of marketing must be solved to improve the situation.

Consumer education is being conducted by the Canadian government and interested groups. The Foods Requirements Committee has been formed recently to protect civilian food supplies and to maintain nutritional standards. Advertisers are now teaching homemakers how to prepare nutritional foods.

Canada has followed the plan of Great Britain by fixing price ceilings and rationing protective foods. This was done early in the war before the need became as apparent as it did in the United States.

The use of whole wheat instead of white flour and the addition of wheat germ to white flour have been advocated by Canadian nutritionists to increase the intake of riboflavin.

Since the importation of citrus fruits has been curtailed because of the war, Canadians are advised to replace them with canned and fresh tomatoes, potatoes and turnips grown in their own gardens. There has been a marked shortage of dried fruits as well as sugar, coffee and spices but Canada's meat shortage problem has not been as serious as ours and the black market is not as extensive there.

Canadian nutrition experts are promoting an extensive educational program to show the people that an adequate diet can be obtained from common Canadian foods.

During the winter of 1939 a scientific committee assisted the Department of National Defense in increasing the nutritive value of army rations. During that same winter, 1600 women attended nutrition courses sponsored by the Health League of Canada.

*Canadian homemakers may soon be making souffles and puddings by using dehydrated eggs in their compressed form*





*Iowa Blue Cheese is nationally known for its distinctive flavor. This tangy-tasting blue mold cheese was originated at Iowa State College after years of research with foreign types.*

## *Quality Reigns . . .*

### *ALONG WITH QUEEN OF VEISHEA*

Several thousand pounds of Iowa Blue Cheese are on hand for Veishea visitors and purchasers throughout the state. Shipments of Blue Cheese do not require ration points, as this product is not rationed.

In some cases the new stock of cheese is not thoroughly cured. Two or three weeks storage in your refrigerator will insure your having superbly cured cheese. Made from highest quality products, this Iowa State College Brand Blue Cheese is worthy of stardom on any table. This year it is a little drier and more crumbly in texture. The fact that it will ship better than the softer

type is a distinct advantage of this drier cheese.

Visitors to Veishea Open House will certainly want to take some Iowa Blue home—it's the most distinctive souvenir they can get of Iowa State College. To those unable to attend Veishea this year, a check for \$3.50 will cover the cost of a cheese and postage.

Iowa Blue Cheese may be used in many tempting recipes to add flavor to your favorite dishes. It adds a zestful tang to salads and dressings. It adds further nutritive value to omelets, rarebits and canapes.



# Dairy Industry Department



## ... Your Wedding ...

Have you recorded your China, Crystal, and Pottery preferences? Florence Langford suggests you record your preferences in the Bridal Register which helps your friends choose the gift you most desire.

You may choose from the following:

Fine China—your choice of the beautiful new Franciscan China or Spode  
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Franciscan Duvtone  
Coral, Turquoise, Blue, Yellow  
Red Wing Pottery

Make your selection as early as possible  
to avoid disappointment



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## WE'LL MAKE YOUR WARDROBE LAST

Need we remind you that "this is wartime"? That clothes-conservation is everyone's duty, and that the best way to conserve garments is by thorough cleaning by a reliable cleaner as often as necessary? Let us be your clothing warden.

## College Cleaners

136 Welch

Phone 2800

## Experience Gleaned

THIS summer while many Iowa State women continue their studies in the speeded up educational program, others will seek another means to accelerate their education. They will be employed in home economics positions to discover whether they have chosen a field interesting to them, to obtain experience in that field and to earn money.

The summer program gives experience which is valuable to the student when she returns to classes. The dietetics student who is an assistant in food service in a hospital not only sees exactly the type of work she will do when she graduates but she also learns some of the techniques the position will require. She will understand better the material her professor discusses on the duties of the profession. Many city hospitals have summer positions in food service work for which they engage college students who have completed their junior year.

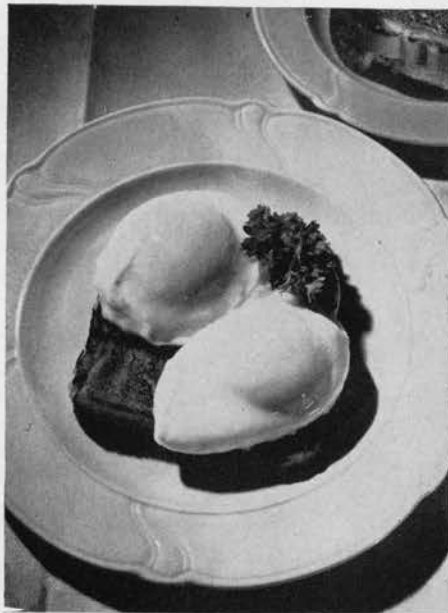
Positions in summer camps have been of value to students of child development or home economics education. They receive a first-hand opportunity to study and work with children. As counselors and teachers, they put to work their training in crafts, physical education, psychology and child development. Students who are interested in foods work find their place in camp life as a cook or assistant cook.

In past years, Iowa State women have gained valuable experience by instructing the children of a social settlement house in the practical methods of sewing and of food preparation.

—Janet Russell



A well groomed appearance is essential when applying for positions



*These poached eggs served on toast make an attractive and nutritive luncheon serving*

## Eggs Spell Good Nutrition

*Meat shortages have placed the unrationed egg in the food limelight, states Marian Loofe*

**E**GGs as one of our vital protective foods are assuming an increasingly important role in the war-time menu.

Eggs serve to balance our modern diets which are composed of highly processed foods low in food nutrients. An average egg supplies from 3 to 16 percent of the daily requirement of those essential nutrients which are most likely to be deficient in the human diet.

The protein content is one of the most important constituents of eggs in these days of meat rationing. One average egg will supply 10 percent of the daily protein requirement for an average adult. This protein is of an exceptionally high nutritive quality and is essential to body building and repair.

Eggs are also high in vitamin content. As much as 16 percent of the daily requirement of vitamin A and lesser quantities of every vitamin except vitamin C may be contained in an average-sized egg.

Some of the hard-to-get daily essentials of the average diet are the minerals. Eggs provide four of these: iron, phosphorus, calcium and copper. Iron is found in the largest quantity with as much as 13 percent of the daily requirement in one average egg.

The nutritional quality of eggs which serves to class them as a protective food varies slightly depending upon the feed which is given the chickens. The vitamin A content, for example, can be increased three to four times by a change in rations. There are also many seasonal variations in nutritive qualities of eggs.

## SHIRTS and SLACKS

*for your  
busy life*

**"Ship'n' Shore"  
Shirt**

**\$1.98**

Washable broadcloth shirt with long sleeves and convertible collar. Pre-shrunk for permanent fit. White only. Sizes 32 to 40.

**"Skipper" Slacks**

**\$4.98**

Wonderful crease resistant skipper cloth slacks with side pockets, and pleats. Trimly tailored in brown or navy. Sizes 12 to 20.



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**The Best in Drug Store  
Merchandise - Service**

**SPRIGGS PHARMACY**

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### Charming Walkables For Spring

One pair of shoes between now and June 15th means it's smart to pick a shoe that will go everywhere.

**Trueblood's  
WEST AMES SHOES**

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Smooth-fitting . . .  
Easy to care for!

## Kickernick Pantie

You'll like the soft texture of the fine, knitted rayon. You'll like the fine workmanship, too. Most of all, you'll enjoy the smooth fit of this Kickernick pantie. It's lovely to wear . . . a time-saver to launder . . . and easy on your budget.

Electra Rayon  
Tea rose, white

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"WE DELIVER"

# Commissioned in

*Victoria McKibben tells of increasing demand  
for home economists trained in food service*

**D**IETITIANS, like their WAAC and WAVE contemporaries, have come into military status in this war. These trained women have won recognition of their superior ability in turning out nutritious meals for an army of well-fed Americans.

Dietitians now enter the Army as second lieutenants and go into duty at home or foreign bases where their college training has to be backed by ingenuity and courage. At least four Iowa State graduates, one in England, two in Africa and one in Honolulu, are on overseas duty working side by side with army nurses.

The importance of trained graduates in food service is verified by the call for them in army and navy training centers and in huge defense plant cafeterias.

Army and navy training centers in colleges and universities all over the country have been requesting institution administrators to manage the cafeterias that feed these potential fighters. Most of the recent graduates have started as assistants, from which positions they will advance into supervisory jobs.

Defense industries that feed thousands daily are utilizing Iowa State alumnae to manage their cafeteria problems. The government has engaged one graduate to organize and supervise the running of ordnance plant cafeterias in seven mid-western states.

The influx of workers in Washington, D. C., calls for added food service, and institution specialists hold

*Dietitians in hospital kitchens plan and prepare  
appetizing dishes for the special diet patients*





# Dietetics

responsible positions in several of the large restaurants for government employees.

The past year has brought new training opportunities for the inexperienced college graduate. Newly graduated women are given practical experience that eases the transition from school to commercial restaurant work. Women with necessary qualifications can receive ten months apprenticeship, cut to eight months for the duration, in several large establishments.

Graduates who desire work as food directors in college residence halls may now obtain a year's apprenticeship as assistants in the food service work.

*With trained efficiency the hospital dietitian prepares diet trays by carefully weighing the portions allotted the patient*



## ★ Norman Cassiday

THE ORIGINAL

*Florence Walsh  
Dickey*

Peter Pan  
Convertible  
Collarless

**\$1.25**

Monogramming  
25c extra



The natural favorite in accessories to wear with suits, sweaters and dresses. White only in collarless, cotton pleated and untrimmed convertible and peter pan styles . . . or with lace edge . . . or with brown or red whipstitching.

Mail Orders Filled

*Norman  
Cassiday*

720 Walnut

Des Moines, Iowa

SWING  
INTO  
SPRING



WITH NEW BEAUTY

See our complete line of cosmetics

POWDERS  
ROUGES  
LIPSTICKS

CREAMS  
MASCARA  
NAIL POLISH

And all the other essentials in the newest shades.

**CAMPUS 5c to \$1.00 STORE**

## Buy a War Bond

Put it at the top of your list each week . . . It'll pay you big dividends and you'll feel that you are doing the most you can to help on the home front.

**Ames Trust & Savings Bank**

5th & Kellogg

Phone 309



## Remember Your Mother On Her Day

Mother's Day is May 9—Make it a day that will live in her memory. Show your appreciation for this and every other day by a gift she will cherish. Send her the gift she wants most.

May we suggest—

*Candy*  
*Compacts*  
*Perfumes*  
*Greeting Cards*



## Campus Drug Co.

2430 LINCOLN WAY

PHONE 1195



*Warm and Tired  
After that Game  
of Golf?*

Excellent well-balanced meals and pleasant atmosphere all combine to make HOSTETTER'S an enjoyable place to dine.

## HOSTETTER'S

Up the hill on Welch

Phone 3041

# Across

# Alumnae Desks



Gladys M. Johnson

"MEET Tomorrow's Homemaker" is more than a magic carpet ride, for in the factories and research laboratories of America men and women are at work planning to fulfill our dreams, making new material and equipment which will lighten household tasks, shorten working hours, and give more leisure time—tomorrow.

"For today is but an interlude . . . It's hoping and praying for the safety of loved ones gone from homes; it's paying debts and taxes and tucking War Bonds away . . ."—Gladys M. Johnson, '34, Associate Editor, *Successful Farming*, April.



"PEOPLE now want to know how to help make the curtailed supply of fish do a bigger job toward keeping civilians well fed. First, greater use of the lesser known kinds of fish should be made. There are many to choose from, since fishermen have stopped the practice of throwing back the less demanded kinds. They've got to use their few boats and less experienced help as efficiently as possible.

"To replace the canned fish which we have enjoyed in previous happier years, homemakers can make their own flaked fish for casseroles, salads and loaves just by cutting the fish in serving-size pieces, steaming it about 10 minutes, or until tender, and it is ready for flaking. The flakes can be kept in the refrigerator for later use if desired."—Carol Brueck Best, '37, *Servel's Washington Reporter*, March.

**H**ATS off to that neat little package, the egg! We've double the reason now for making it a three-meal stand-by, not just a morning eye-opener. It's a top-notch body builder, so rates front row in our Share-the-Meat meal plans. It's one of those protective foods we need more than ever in wartime, packed as it is with minerals and vitamins that safeguard health.

"Youngsters, say the nutrition experts, need at least four or five eggs a week. We oldsters should tuck away three to five. Better still, one a day, for each egg we add is a 20-carat health booster.

"But play fair with those eggs. Stick to low heat and no rushing and they'll taste, look, and treat you better. Hoist the heat and you've a tough, indigestible affair that would give any egg a black eye.

"Eggs are top quality and at their most plentiful season right now, a natural for the number one spot on your main-dish hit parade."—*Jean Guthrie, '31, Associate Editor, Better Homes and Gardens, April.*



**T**RICKS of the trade—wind a few yards of white thread on an empty spool and dye it to match that dress you are recoloring. If you send the dress to a commercial dyer, send along the thread with a note asking that it be colored too. You'll need it for sewing on buttons, stitching up the hem or mending seams."—*Margaret Davidson, '29, Ladies Home Journal, April.*



**P**LAN menus for several days at a time. Result: better-balanced meals, less monotony, time saved and fewer trips to the store.

"Have contrast—crisp and crunchy food with soft food, some hot foods and some cold, include different shapes and pleasing combinations of colors.

"Serve new foods occasionally and vary the preparation of those served often.

"Serve foods attractively. 'Eye appeal' is 90 percent of appetite appeal.

"Sell nutrition by giving your family good food, deliciously prepared and attractively served. Be a good cook! Don't tell your family that anything is 'good for them.'"—*Helen Holloway, '27, Assistant Home Economics Director, General Mills, Inc.*



**A**LL of us are needing a sense of achievement to bolster our spirits, and families are more appreciative than ever of home-made bread. For there is no aroma that spells home and mother quite so well as the fragrance of bread baking.

"There is another side of the breadmaking story. With so many foods rationed or scarce, we will depend more and more on breads and cereals to keep our families well nourished.

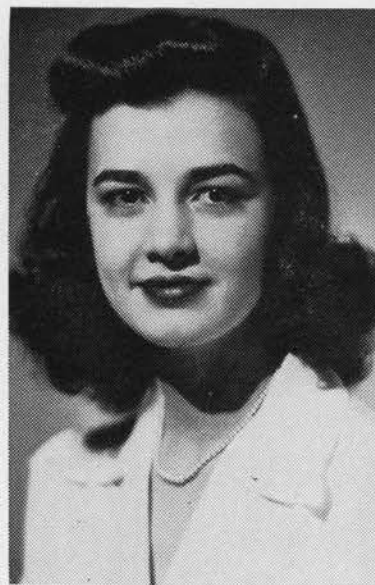
"Our bread should be as good to taste and as good for us as it can be made.

"In bread making, as in all other cooking, two things are important: ingredients and the method of putting these ingredients together."—*Clara Gebhard Snyder, M. S. '30, Director of Foods and Nutrition, Wheat Flour Institute.*



Clara G. Snyder

—Virginia Carter



## It's Springtime

*Wherever he is—he's  
thinking of you*

PLEASE HIM WITH A  
TRU-COLOR PHOTOGRAPH



## HILL'S STUDIO

2530 Lincolnway

Phone 347

## New Wallpaper Is a Real Spring Tonic—

—Bright and cheery designs in all colors

—Buy paints here also to make the job complete



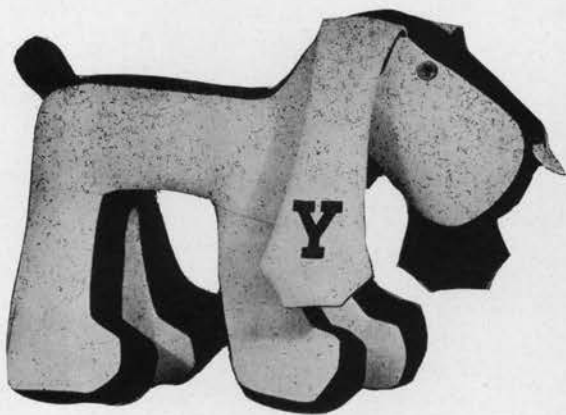
## IRVINE'S

IMPERIAL WASHABLE WALLPAPER

215 Fifth

Phone 765





## Felt College Pets

for

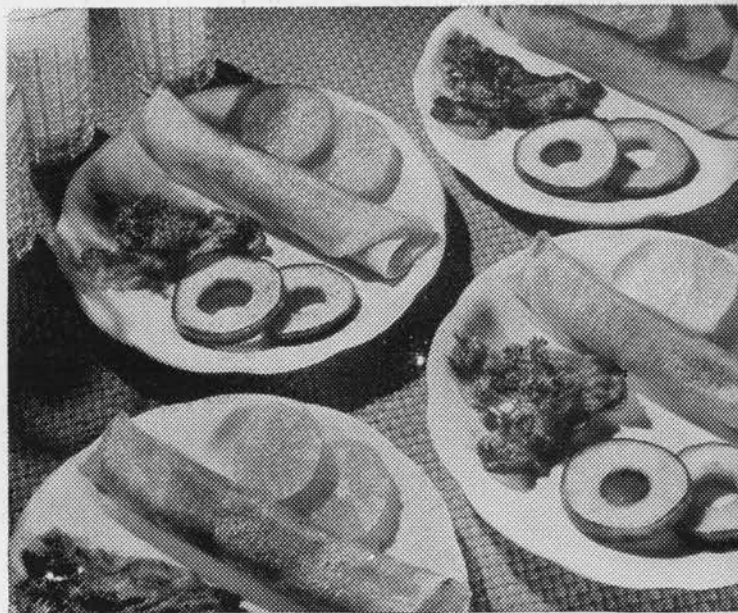
*The Coeds of Iowa State*

"Sandy," "Scottie," "Skeeter," "Leapin'  
Lena," and "Puppy" \$1.25 to \$3.25

Sorority and Fraternity Dogs  
\$1.35 each

**STUDENT SUPPLY STORE**

South of Campus



Pancakes, added to this attractive luncheon plate, provide some of the protein, iron and B vitamins once furnished by meats

## Whole Grains

## Fortify

**T**HE proteins, vitamins and minerals contained in whole grain and enriched cereals must be drafted to fill the nutritional gap resulting from food restrictions and rationing.

The largest deficiency in the intake of protein, iron and the B complex vitamins will result from meat rationing. As one of the best available sources of the elements contained in meat, cereals will become an increasingly important alternate in the American diet.

Modern milling processes remove much of the germ and bran of the wheat and lower the nutritive value. The glutenin and essential minerals are in part removed and the vitamins are markedly diminished.

It is estimated that over two-thirds of the flour now produced is enriched or reinforced, but enriched cereals have been restored to whole grain levels only with respect to thiamin, niacin and iron. Other unknown elements are lost in the milling process.

Nutritionists have discovered that ounce for ounce, the protein content of pork chops and uncooked oatmeal is the same, but it should be remembered that cooked oatmeal is 75 percent water. Wheat bran and wheat germ contain amounts of protein similar to the uncooked oatmeal. Thus extending meat with cereals in the form of baked loaves and casserole dishes provides additional protein.

Puddings made of cereals and fruits and served hot, main dishes cooked with whole cereals and vegetables, baked goods containing whole cereals and meat dishes extended with cereals all help to boost the consumption of this valuable food.

—Shirley Like



—right  
around the  
clock in  
clothes from

*Lila B. Fromm*

313 Main

Phone 830



**Before School  
Is Out . . .**

let us prove to you  
that good food can  
be inexpensive

**—THE COLLEGE INN—**

2426 Lincoln Way

Phone 1877



*Preparing for new roles in wartime industry, a teacher and student in the applied art department study the principles of construction*

## Designed for Art Majors

COLLEGE women trained in applied art at Iowa State are to assume roles of new importance in wartime industry. The artist has become a vital aid in building the morale of men in service and on the home front. Forms of propaganda such as cartoons and poster illustrations require the training of an artist, and women experienced in blending colors and values are needed in the field of camouflage.

Applied art majors are being trained to take positions teaching arts and crafts in service men's clubs, Red Cross centers, U. S. O. clubs and Y. M. C. A. units, giving the men an opportunity for creative expression in their leisure time. During wartime the value of the artist as an occupational therapist cannot be over-emphasized. Applied art students will be able to help rebuild the minds and bodies of wounded men by giving them art projects such as wood carving, weaving, painting and clay modeling during their convalescence.

Women who have taken courses in engineering drawing as a part of their applied art training are going into industry as draftsmen. They will do the detailing and tracing of many hundreds of tools and parts necessary in building bombers, tanks and war equipment.

During the reconstruction period following the war, the artists' opportunities in industry will be unlimited for they will be needed to design new products. The artist will play an important part in bringing greater efficiency and beauty to the consumer in the post war world.

—JoAnne Nicholson



*You will find a large variety  
in our downstairs store*

A few of the nationally  
known brands we carry

CANDLEWICK - HEISEY  
DUNCAN - SYRACUSE

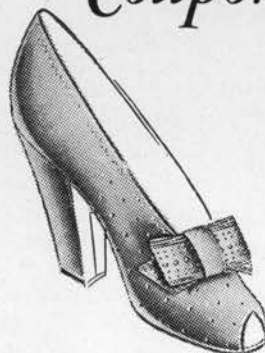


**Carr Hardware Co.**

306 Main

Phone 124

## Coupon No. 17



Means you must get  
the best. Come in to-  
day for your pair of  
Queen Quality Shoes.

Blue, Black and Brown  
Gabardine

Properly fitted.

The quality shoe you want is here.

**Brannberg's**

315 MAIN



## Warm-Weather Comfort

*in the popular  
new rayon suiting*

### CHECK-O-FILE

- drapes beautifully
- does not wrinkle
- just the right weight  
and texture for suits  
and suit dresses

Brown, white, navy, and  
lovely pastels

**40 inches 89c yard**

## STEPHENSON'S

FAMOUS FOR FABRICS

Opposite the Campus

## Safety and Efficiency



... characterize our cleaning methods, assuring longer life for your wartime wardrobe. This is most important now that conserving clothes is a major concern to all patriotic Americans.

Summer school students, let us launder your cotton dresses to keep them fresh and cool looking during the wilting summer months.

**The Ames Laundry  
and  
De Luxe Cleaners**

218 5th

Phone 47

## Freezing Victory Foods

(Continued from page 7)

In selecting fruits and vegetables for freezing, it must be remembered that freezing not only retains the natural appearance of the product but also any defects that may be present. Fruits that are selected for freezing should be firm and fully ripe as well as free from molds and other defects. To meet freezing standards, vegetables must be succulent and tender with no sign of incipient spoilage.

Fruits and vegetables which excel in flavor, are attractive in color and have a pleasing aroma are best adapted for freezing. Since deterioration begins soon after harvesting if the products are kept at ordinary temperatures, speed in preparation for freezing cannot be over-emphasized. If freezing on the day of harvesting is impossible, the products should be kept at temperatures ranging from 32° to 40° F., at a relative humidity of 85 percent, and frozen the following day.

Preparatory to freezing, the material is washed, and decayed or immature pieces are sorted out. Unnecessary handling of delicate fruits is to be avoided.

Scalding of vegetables cannot be omitted since enzymes or ferments in vegetables produce undesirable changes in aroma, taste and sometimes in appearance. These enzymes are rendered inactive by exposure to heat which falls short of imparting a cooked character to the vegetables. Fruits usually do not require scalding or blanching before freezing.

The recommended times for scalding have been carefully worked out for various vegetables and should be followed closely. Scalding time should be as short as possible since vitamin C is easily destroyed by heat. In addition to inactivating enzymes, scalding also brightens the color of the vegetables and softens them slightly, thus making packing more easy.

Commercial blanching of vegetables is accomplished by the use of flowing steam, but for home use boiling water is convenient and more practical.

Important in retaining the natural crispness of vegetables and fruits is the prompt cooling which follows blanching. Cold running water or ice water may be used; the colder the product becomes at this stage, the more rapid will be the freezing in the locker. When the excess water is drained off, the product is ready for packaging.

A sugar sirup pack is recommended for fruits which are to be used for dessert purposes since the usual size and shape of the fruit is more readily retained. Dry sugar tends to draw moisture from the fruit and results in some shrinkage of tissues.

Vegetables may be frozen dry and at present commercially frozen vegetables are preserved without packing liquid. A brine pack, however, protects against dehydration during storage and adds to the keeping qualities when removed from storage.

Containers for frozen foods need not have the hermetic-sealing feature essential for best-processed foods, but the container must offer a high degree of resistance to drying and should be impervious to the passage of water vapor. In addition to well-closed glass jars, a wide variety of cartons specially treated with wax are available. Since freezing results in expansion, any container, especially the glass jar, is not filled to capacity. For storage of frozen-pack foods, a temperature of 0° F. is recommended.

# Alums

## in the News

**E**ACH month finds an increasing number of Iowa State home economics graduates accepting positions that directly aid in the nation's war program.

The need for home economists to work in the promotion of the victory gardens, poultry and food preservation programs has called 11 Iowa State women to six-month positions with the extension service. They are Helen Kubacky Armstrong, '42; Ruth Foster, '35; Kathleen Mulroney, '43; Opal Jean Schultz, '43; Margaret Smith Stinson, '32; Esther Tesene, '22; Mildred G. Tramel, '27, and undergraduates Darlene Churchill, Edith Lewis, Hazel Rippey and Ella Jean Woods. These four girls are juniors and will return to school in September.

Marjorie Griffin, '37, formerly Prudence Penny of the Detroit Times, is now foods editor of the Chicago Daily News.

A junior commodity standards specialist in the textiles, leather and apparel branch, is the position held by Frances Wirtz, '40, in the Standards Division of the Office of Price Administration, Washington, D. C.

Returning to a position she held until 1935, Hazel Schrack Wertmen, M. S. '28, is a dietitian at State Teachers' College, Edinboro, Pa. Mary Elizabeth Robinson, '41, is assistant dietitian at Watts Hospital, Durham, N. C.

Alice McKinney, '25, has an appointment with the Red Cross that is sending her overseas this month as a hospital recreational director.

Evelyn Sparks, M. S. '41, is assisting in the home economics division of the Merchandise Testing and Development Laboratory of Sears, Roebuck and Company, Chicago. Bernice Strawn, M. S. '31, is in charge of the division's work.

—Rachel Ann Lusher

**"Meet Me at Woodland's**  
for a rainbow sundae  
on the way home . . ."



**Featuring for Spring:**

Banana Split  
Rainbow Sundae  
Black and White  
Fruit Salad Sundaes  
Lime & Orange Sherbet

Counteract your spring fever by stopping for a cool, refreshing malt when you're downtown.

**WOODLAND FARMS DAIRY**

819 Lincolnway

Phone 435

## Insure Your Personal Effects

You will be assured of their full protection when you step on the train for home this summer.



Summer school and transportation difficulties will make it convenient for you to store your personal effects. To give them the protection they need, consult us for our Fire and Extended Insurance rates.



**McDowell Insurance Agency**

319 Main

Phone 51

**More Precious NOW than ever**  
**YOUR FURS DESERVE**  
**THE FINEST CARE**

**Cownie's**  
**LUSTERIZE -**  
**CLEANING &**  
**STORAGE PLAN**

a \$15.50 value for

**\$11.00**  
for coats  
valued up  
to \$100

Storage alone \$3.00 minimum

**BRING IN YOUR FURS NOW**

**COWNIE'S**

Local Representative

*Lila B. Fromm*  
**WOMEN'S WEAR**



Miss Mabel Anderson

## 2,555,000 or 4.86 Per Minute

What's all this about the figure 2,555,000? Well, that's the approximate number of meals served by the Memorial Union Foods Department in one year—7,000 per day. Consider that this is an average of 4.86 persons served every minute, 24 hours a day . . . and the Foods Department operates only during regular hours.

The department is headed by Miss Mabel Anderson, who has been on the campus since 1926 and was with Memorial Union to supervise the preparation and serving of its first meal back in 1928. That speaks for Miss Anderson's loyalty to Iowa State's college club and for her ability to handle the rushes and slumps of college food trade. She knows the whims of people who like good food. In off-hours her whim is collecting things . . . anything, rocks, dolls, shells, pairs of animals for her Noah's Ark and yes, recipes and ideas.

There's an interesting story in the growth of the Foods Department, and, while figures might be a bit boring, it seems the most logical way to present this information. The first day meals were served at your Memorial Union, 360 were accommodated; 10 years later . . . to the day . . . 3,600 persons were served. Today the average has grown to 7,000 per day, and this number is expected to increase when Memorial Union starts serving in Friley Hall. **TO MAKE A LONG STORY SHORT, THE NUMBER OF PERSONS ACCOMMODATED BY THE FOODS DEPARTMENT HAS INCREASED 1,944 PERCENT!**

But when you return to the campus and eat at Memorial Union, you won't feel like you're just one in 2,550,000, because you're a member of a service institution . . . a college club. And you'll feel right at home in your Memorial Union.

*(This is the third in a series of advertisements explaining the organization and functions of your Memorial Union.)*



# MEMORIAL UNION

... OUR COLLEGE CLUB ...

# Meals

## On the Move

**O**RDERS for a quick move while food is being prepared no longer mean long-delayed meals for our land troops. A gasoline field range, replacing the old-style wood burners formerly used, works equally well in a moving vehicle or on the ground, making it possible for hungry soldiers to eat a hot meal as soon as their convoy stops.

One of these 208-pound ranges is equipped to cook a complete meal for 50 men. By combining the ranges in groups of three, as is done when they are moved in army trucks, a cook can feed from 300 to 400 men at a time.

Since cooking, frying and baking are possible with these ranges, varied menus can be planned. Two of these operations can be performed at once so six different hot foods can be made on a three-range battery. The men at Bataan had freshly-baked bread every day made in one of the lightweight, gas ovens.

Besides going on the field with fighting and training units, the ranges find a place in barracks, in hospitals where they are used for sterilizing equipment and in mess cars of troop trains. —Catherine Tidemanson



## A SUMMER TONIC

for

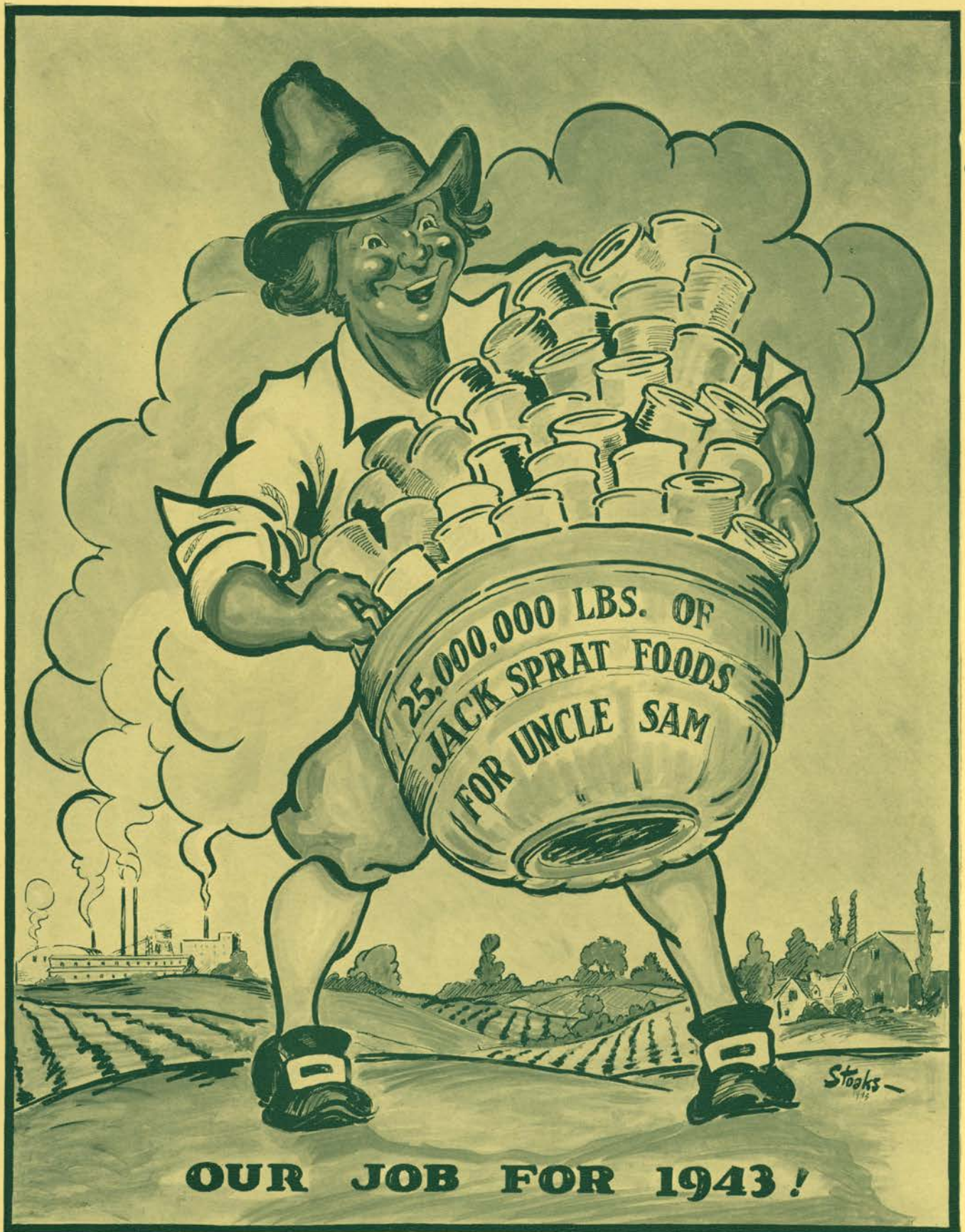
your man in the service.  
Your photograph will be  
the bright spot in his barracks.

### MYER'S STUDIO

109 Welch

Phone 49





JACK SPRAT FINE FOODS





Petti introduces a tailored two-piece suit of corded cotton fabric, 8.95. Its jacket has a detachable sharkskin collar. White, pink, yellow, brown. Double-stitched cotton gloves are 2.25. Stitched faille hat has adjustable hat band, 1.95.



Typically spring! Cool tie-on dirndl skirt printed in blues, reds, greens, yellows, 2.25 and \$3. Top it with a neat white rayon and cotton blouse, 2.25. Blossoms are 25c, 39c, and \$1.

## College Cottons

For the balmy spring weather you'll find cottons at Younkers. Gay chambrays, ginghams, and seersuckers give the college girl wide choice of smart outfits.

Washability, wearability and durability are the buy-words for Younkers' selection of cool summer clothes. Whether play-time, class-time, or date-time, cottons are news in fashion.

(Model: Liz Ann Butler)

Smart and trim white cotton gabardine shorts, easy to fasten—2.25, combined with cool peppermint striped shirt for \$3.



328 MAIN

YOUNKERS

AMES